



MAC & CHEESE STUFFED MEATBALLS

July 14

National Mac & Cheese Day

INGREDIENTS

- 1½ Pounds Lean Ground Beef (20% fat or less)
- 2 Tablespoons Onion (finely chopped)
- 1 Egg
- ⅓ Cup Panko Bread Crumbs
- ½ Cup Grated Cheddar Cheese
- ½ Teaspoon Black Pepper
- 1½ Ounces Cheddar (cut into 10 small cubes)
- 1 Cup Prepared Macaroni and Cheese
- 2 Tablespoons Barbecue Sauce

DIRECTIONS

1. Preheat oven to 375°.
2. Combine beef, onion, egg, panko bread crumbs, shredded cheese and pepper. Mix just until combined.
3. Divide meat into 10 equal pieces. Squish each piece of meat into a thin circle. Top with 1 slightly heaping tablespoon of macaroni (as much as can fit) and 1 cheddar cube.
4. Fold sides up pinching to seal and form into a meatball. Place meatballs on a parchment lined pan and brush with barbecue sauce.
5. Bake 24-26 minutes or until the center of each meatball reaches an internal temperature of 160°.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

10 Meatballs

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Meatball	1 Meatball	1 Meatball	1 Meatball